



Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139
Senior Center: 617.349.6060 Office 617.349.6220
North Cambridge Senior Center 617.349.6320

MARCH, 2006

2006 marks the 20th Anniversary of the North Cambridge Senior Center...a time to reminisce, celebrate, and look ahead to more wonderful years.

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Prescription Advantage will have an open enrollment March 15 through April 28 of 2006. Be on the look-out.

Our appreciation to the Executive Office of Elder Affairs for funds to support our Newslines publication.

Stop by 2050 Massachusetts Avenue, North Cambridge to help us celebrate on Tuesday, March 21st from 9:00-11:00 a.m. for our Anniversary Breakfast/Open House.

Drop by to visit the North Cambridge Senior Center. Meet long-time friends. Make new friends. Thank the long-time volunteers and instructors, many of whom have supported the center since its opening. Talk with Center Director, Vincent McCarthy. See the exciting exercise classes, computer classes and much more. You might even run into Brandy, the Pet Therapy dog.

North Cambridge Participants



L to R

Jean Roy, Mary Rodriques, Louise Haggerty, Ellie Stevenson, Joan Gianino, Jean Gordon, & Hazel Thompson.

PRESCRIPTION DRUG COVERAGE – WHAT WE KNOW TO DATE

The Cambridge Council On Aging SHINE program can be reached at
(617) 349-6220 weekdays 8:30 a.m. to 5:00 p.m.

The State SHINE Office can be reached at 1(800) 243-4636 TTY 1(877) 610-0214

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### ***PRESCRIPTION ADVANTAGE***

#### ***2006 SPECIAL OPEN ENROLLMENT***

- ✓ MARCH 15, 2006, TO APRIL 28, 2006
- ✓ EFFECTIVE DATE: JULY 1, 2006
- ✓ APPLICATIONS & ELIGIBILITY

Contact Prescription Advantage at 1 (800) 243-4636  
TTY 1 (877) 610-0241 The CCOA will have a  
limited supply of applications on hand.

#### **Why would you be interested in joining PA?**

Prescription Advantage is changing to work  
together with the new Medicare prescription drug  
coverage that began on January 1, 2006. It is now a  
secondary payer providing FINANCIAL assistance  
to supplement Medicare Part D coverage.

#### **Who Is Eligible for this 2006 Open Enrollment?**

Anyone over age 65 who is enrolled in or who has  
applied for a Medicare Part D Drug Plan and not on  
MassHealth.

Income guidelines,

Up to \$49,000 for a single person

Up \$66,000 for a couple

Enrollment is ongoing for those turning 65 in 2006,  
over 65 and recently lost health insurance, and over  
65 and recently moved to Massachusetts. If under  
65, enrollment is ongoing however, there are  
different eligibility and financial guidelines.

#### **How Will PA Work?**

Depending upon your gross annual income  
Financial Assistance may include help paying:

- Towards the monthly Part D premium if  
enrolled in a Part D basic plan.
- To reduce Medication Co-payments
- Medication Co-payments if your Part D plan has  
a deductible or if you reach the Donut Hole.
- For medications not covered by Medicare –  
Benzodiazepines
- Provides lower Out of Pocket Spending Limits.

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MEDICARE PART D INITIAL ENROLLMENT

CONTINUES THROUGH MAY 15, 2006. YOUR PLAN
BENEFITS WILL BEGIN THE BEGINNING OF THE MONTH
AFTER YOU APPLY.

ARE YOU BECOMING ELIGIBLE FOR MEDICARE IN 2006????STEPS TO TAKE:

⇒ **When applying for Medicare and/or eligible
for Medicare due to disability status.**

Social Security: 1 (800) 772-1213

- ✓ Ask about the “Extra Help” program to help pay
for Part D costs.

Medicare: 1 (800) 633-4227

- ✓ Apply for Medicare Part D at least one month
prior to your Medicare Effective Date.

Prescription Advantage: 1 (800) 243-4636

- ✓ Research and or apply for Prescription
Advantage

⇒ If you are on MassHealth and under 65:

- ✓ Apply for a Part D plan at least one month prior
to your Medicare effective date. You will not
be automatically enrolled in a Part D plan.
- ✓ Medicare Part B premiums may be taken out of
your Social Security benefits. If eligible, you
may want to apply for the Mass Health Buy-In
program on your Medicare effective date.

⇒ **If you are on MassHealth and turning 65,**
depending on your income and assets, you may not
be able to remain on MassHealth.

- ✓ Apply for a Part D plan at least one month prior
to your Medicare effective date. You will not
be automatically enrolled in a Part D plan.
- ✓ Medicare Part B premiums may be taken out of
your Social Security benefits. If eligible, you
may want to apply for the Mass Health Buy-In
program on your Medicare effective date.

Contact your local SHINE program with questions.
MassHealth Buy-In Program: 1 (800) 408-1253.

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**PATIENT ASSISTANCE PROGRAMS** – Certain drug  
companies are extending financial assistance to  
patients who cannot afford the cost of medications  
while paying for medications in the “donut hole”.  
Eligibility varies, as well as where to apply.  
Contact SHINE for more details.

## UNDERSTANDING HOSPICE AND PALLIATIVE CARE

Illness, especially terminal illness does not discriminate. The care needs of the person living with the illness vary as well as the needs of family and friends who care for this person.

We would like to introduce you to what HOSPICE is and resources that you can tap into.

HOSPICE is a set of services that is provided through a team of health care professionals and is customized to meet the needs of the person living with the illness, the caregiver, and/or family. A person must have a prognosis of less than six months, however Hospice programs welcome inquiries from families who are unsure about their needs. A doctor does not need to initiate the call.

It includes but is not limited to:

- ❖ Methods of pain and symptom relief
- ❖ Personal care and activities of daily living
- ❖ Coordination of community resources
- ❖ Emotional and spiritual support

Hospice is a concept of care rather than a specific place, services are provided wherever the person with the illness calls home. It is customized to the individual's needs, and the care team is just a phone call away.

HOSPICE is a way of making in-home care services affordable. Many insurances cover expenses associated with Hospice. Many Hospice programs provide a sliding scale payment arrangement for those who do not have Hospice insurance benefits.

MEDICARE Part A's Hospice benefit covers items such as:

Prescribed Medications, Visits by medical and nursing professionals, Home Health Aides, Short-term Inpatient care and Bereavement support for the family

HOSPICE is accessible. Staff is available at all hours to answer questions.

For more information please contact Susan Pacheco, Liz Seelman or Caryn Eichenabum (617) 349-6220.

### Sample of Resources -National Organizations

All organizations listed can direct you to a local Hospice Provider / Organization in your area and have a wide range of consumer materials.

### National Hospice and Palliative Care Organization (NHPCO)

1700 Diagonal Road, Ste 625  
Alexandria, VA 22314  
[www.nhpco.org](http://www.nhpco.org) (703) 837-1500  
703/837-1500 (phone)

Help line: (800) 658-8898

[www.caringinfo.org](http://www.caringinfo.org)

e-mail [consumers@nhpco.org](mailto:consumers@nhpco.org)

M-F 9-5 eastern time

The NHPCO and their fundraising division, National Hospice Foundation has developed a consumer focused Web site called **Caring Connections**. [www.caringinfo.org](http://www.caringinfo.org). A wide range of free materials is available. Topics include:

Hospice and Palliative Care Information,  
Advance Care Planning,  
Advance Directive / Living Wills,  
Caregiving, Pain, Grief,  
Financial Planning

Specific guides include:

- Consumer's Guide to Selecting a Hospice
- Consumer's Guide to Communicating End-of-Life Wishes

### Hospice Foundation of America

[www.hospicefoundation.org](http://www.hospicefoundation.org)

(800) 854-3402 M-F 9a.m.-5p.m. eastern time

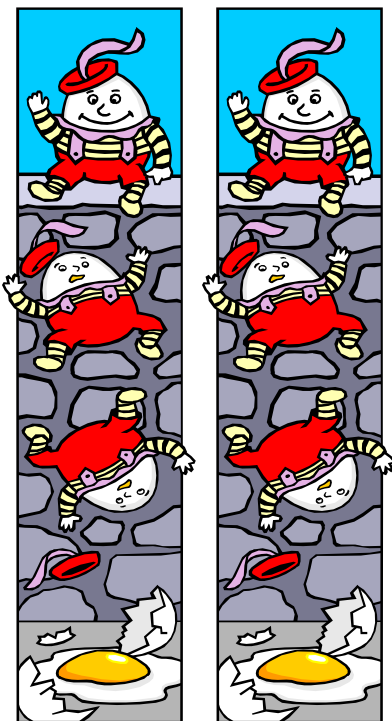
### Medicare Part A

(800) 633-4227

[www.medicare.gov](http://www.medicare.gov)

Medicare Hospice Benefits

CMS Pub. No. 02154 Revised 7/1/05



### **Spring YES! Falls NO!**

*Richard Waite, MGH Graduate  
Program in Nursing &  
Pat Maher, APRN, BC MGH faculty  
and nurse practitioner- Cambridge  
Health Alliance*

**ARE YOU AFRAID OF FALLING?**  
You're not alone. Do you know that  
there are things you can do to reduce  
your risk of falling?

### **◆STAY ACTIVE**

Many people do not walk or exercise  
because they are afraid of falling. The  
truth is exercise can improve strength  
and balance and help reduce the risk of  
falling. This has been proven in  
scientific studies. Consider trying a Tai  
Chi, Yoga, or Line Dancing class at the  
Senior Center.

Exercise does not have to be marathon  
running or lifting 200-pound dumbbells.  
Walking is a great way to exercise and  
it's free! Find ways to increase the  
number of steps you take each day. If  
you take the bus, you could get off a stop  
earlier and walk the rest of the way  
home. Try taking the stairs instead of  
the elevator whenever you can, but don't  
overdo it! The Senior Center has a  
Walking Club that is a fun way to stay  
active.

When you are walking it's important to  
wear proper fitting shoes and clothing.  
Pants that are too long might make you  
trip. Many people prefer shoes without  
laces, because it's easy to trip on the  
laces.

### **◆GET A CHECK UP**

It is never too late to begin exercising. It  
has been shown to help people in their  
90s. But before beginning an exercise  
program, talk to your health care  
provider. Bring all medications you  
take to your next appointment. Some  
combinations of medicine may make  
you feel dizzy which could lead to a fall.

If you feel dizzy when you first get out  
of bed, a good idea is to sit on the side of  
the bed for a few minutes before you  
stand up. Leave a glass of water by the  
bed and drink it before you get up. This  
will reduce dizziness and reduce the  
chance of falling.

### **◆SPRING HOUSEKEEPING**

Spring is a good time to remove clutter  
in around your house. Clutter, throw  
rugs and exposed electric cords can  
cause falls. It's especially important to  
keep stairways free of clutter. Stairways

are a common place for falls. Consider having handrails on both sides of the stairways.

There are things you can do in all rooms in your home to reduce the risk of falling. In the kitchen, keep frequently used items within easy reach. If you do need to get something out of the top cupboards, use a stepstool with handles. Never stand on a chair when you need to reach for things. In the bathroom, use grab bars by the toilet, shower and tub. Towel racks and soap dishes are not designed to hold a person's weight.

#### **◆TURN ON THE LIGHTS/ HAVE YOUR EYES CHECKED**

If you can't see things it's easier to fall. Keep your home well lit. Use light bulbs of at least 60 watts, 75 is better. Keeping stairways and walkways well lit is also important. If you wear glasses, wear them whenever you need to move about. Even if you are just going to the bathroom at night, turn on the lights and put on your glasses. Have your eyes checked each year. Good vision is a good way to prevent falls.

Fear of falling is a common concern among older adults. There are many things you can do for yourself and around your home to reduce the risks for falling.

It's spring. It's time to March forward and leave falls behind



#### **Escorts Needed for Elderly**

Somerville-Cambridge Elder Services (SCES) is seeking caring, dependable people to accompany elders to medical appointments and other destinations. Escorts receive a stipend of \$10 per trip (\$15 for a trip that lasts 4 hours or more).

SCES is seeking escorts with and without cars. The organization is able to provide round-trip transportation to and from physicians' offices for some of the elders it serves. However, for other types of trips, SCES is seeking escorts who are willing to use their own car.

The escort service assists elders who have no family or friends to accompany them on these vital trips out of the house. Escorts are needed to act as a friendly companion and to offer a reassuring arm. If you are interested in helping elders remain safe and independent in the community, this may be a good opportunity for you.

For further information or to schedule an interview, please call 617-628-2601 ext. 3153. Additional information available at [www.eldercare.org](http://www.eldercare.org).

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## **UNRETIREMENT: THE NEXT BIG THING**

Nationally known local author and consultant, Dr. Harris Sussman, will elaborate on this topic at a lecture sponsored by the Cambridge Senior Volunteer Clearinghouse on March 10, 2006 at the Cambridge College School of Education at 80 Prospect Street, two blocks out of Central Square. The lecture begins at 1:00PM and is followed by a discussion and refreshments. The public is invited. A reservation is appreciated but not necessary – 617-864-6688.

Dr. Sussman stresses the facts and significance of this demographic shift. Aging is becoming the next big thing not only in the United States, but world-wide. No longer will the last third of life be marginalized and unappreciated, it will become increasingly responsible and powerful in society. This development is already underway for all – old and young. The world never needed it more

## **Free Tax Preparation**

Seniors with low incomes can get help with tax preparation:

- Central Square Library  
45 Pearl Street  
617-349-4012

Tues. 3-6, Fri. 3-5, Sat. 10-1  
First come, first served.

- North Cambridge Senior Center  
2050 Mass. Ave.  
617-349-6320

Thurs. 2-5 by appointment only

- CEOC  
11 Inman St.  
617-868-2900  
By Appointment Only

## **MBTA Senior or T.A.P. ID**

The MBTA is returning to the Citywide Senior Center.  
Thursday, April 20, 2006  
1:00pm – 4:00pm

The MBTA is currently replacing all valid existing MBTA Senior Citizen ID's and Transportation Access Pass ID's (T.A.P.) for persons with disabilities. Temporary permits, used in place of your current ID, will be issued to customers exchanging their Senior/T.A.P. ID's and to first-time Senior customers (65+ with proof of age). The new Senior Photo ID will arrive by mail.

# MARCH EVENTS AT OUR CENTERS

## THE CITYWIDE SENIOR CENTER

806 Mass Ave., Cambridge  
(617) 349-6060

## THE NORTH CAMBRIDGE SENIOR CENTER




2050 Mass Ave., Cambridge  
(617) 349-6320

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

|                                  |                                                                   |                                 |                                                                            |
|----------------------------------|-------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------|
| Thursday<br>March 2              | Town Meeting 12-1<br>Birthday Party 1-2<br>Sr Advisory Cmt 1:30-3 | Friday<br>March 3,              | Pet Therapy Day<br>With Brandy 9-4                                         |
| Wednesdays<br>March 8, 22        | Bowling 9-12                                                      | Mondays<br>March 6,13,29, 27    | 60 Minutes-Discussion<br>Group 10:30-11:30                                 |
| Wednesday<br>March 8             | Men's Breakfast 9-10<br>Food Served until 9:30                    | Tuesdays<br>March 7,14,21,28    | Social Services 10-2<br>Call 617.349-6320 for<br>an appointment            |
| Thursday<br>March 9              | Christmas Tree Shop &<br>Lunch 10-2                               | Monday<br>March 6               | Open Forum 12-1                                                            |
| Thursday<br>March 16             | St. Patrick's Day<br>Luncheon \$4<br>Ticket Required              | Wednesday<br>March 8            | Men's Breakfast at<br>Citywide Senior Center<br>9-10 Reservation Req.      |
| Tuesday<br>March 21              | Lunchtime with Dr.<br>Conant 12-1                                 | Monday<br>March 13              | Book Review 9:45-<br>10:45                                                 |
| Thursday<br>March 23             | Art Reception 1-2                                                 | Thursdays<br>March 2, 9, 16, 23 | VITA Income Tax<br>Assistance 2-5 Accepting<br>Wait List Only              |
| Friday<br>March 24               | Cooking with Julie<br>1-2                                         | Thursday<br>March 16            | St. Patrick's Day Lunch<br>at PJ Ryan's 12:00 Noon<br>Reservation Required |
| Tuesday<br>March 28              | Book Review<br>12:30-1:15                                         | Tuesday<br>March 21             | Anniversary Brunch<br>9-11                                                 |
| Thursday<br>March 30             | Health & Wellness<br>Germs Bird Flu & You<br>1-2                  |                                 |                                                                            |
| Mondays<br>March<br>6,13,20 & 27 | Men's Rap Group 10-11                                             |                                 |                                                                            |





| MONDAY                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                           |
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| <b>Saturday Schedule</b><br><b>Breakfast 8:30-9:30</b><br><b>Billiards 8:30-1</b><br><b>Computer Lab 9:30-11:30</b><br><b>Yoga 10-11</b><br><b>Lunch 11:30-12:15</b>                                                     | <b>Gentle Chair Yoga</b><br><b>Tuesdays &amp; Saturdays</b><br><b>10-11 a.m. \$2</b><br>                                              | <b>1. Chinese/English Singers 9:45-11</b><br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3                               | <b>2. Grandet An Aksion 9-2</b><br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Town Meeting 12-1</b><br><b>Birthday Party 1-2</b><br><br><b>Senior Advisory Committee 1:30-3</b> | <b>3. Qi Gong 9-10</b><br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br><b>Afternoon Tea 1-2</b><br>Ballroom Dancing 1-3<br>Beano 1:30-3          |
| <b>6. Qi Gong 9-10</b><br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br><b>Men’s Rap Group 10-11</b><br>Classic Movie 1-3<br>Painting 1:30-3/Beano 1:30-3                             | <b>7. Chair Yoga 10-11</b><br>Senior Safety 12:30-1:30<br>Latino Group 1-2<br>Movie 1:15-3:15                                                                                                                            | <b>8. Men’s Breakfast 9-11</b><br>Bowling 9-12<br>Chinese/English Singers 9:45-11<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15/Beano | <b>9. Grandet An Aksion 9-2</b><br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Trip to Christmas Tree Shop &amp; Lunch 10-2</b>                                                                                                                                     | <b>10. Qi Gong 9-10</b><br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br><b>Chinese Movie 10:30-12</b><br><b>Afternoon Tea 1-2</b><br>Ballroom Dancing 1-3/Beano 1:30-3     |
| <b>13. Qi Gong 9-10</b><br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br><b>Men’s Rap Group 10-11</b><br>Classic Movie 1-3<br>Painting 1:30-3<br>Beano 1:30-3                         | <b>14. ESL II 9:30-10:30</b><br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br>Latino Group 1-2<br>African American Seniors 1-2:30<br><b>Blood Pressure Screening 1-2</b><br>Movie 1:15-3:15                                     | <b>15. Chinese/English Singers 9:45-11</b><br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3                              | <b>16. Grandet An Aksion 9-2</b><br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>St Patrick’s Day Party 12:30-3</b><br>                                                          | <b>17. Qi Gong 9-10</b><br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Elder Meeting 11:15-12:15<br><b>Afternoon Tea 1-2</b><br>Ballroom Dancing 1-3/Beano 1:30-3 |
| <b>20. Qi Gong 9-10</b><br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br><b>Men’s Rap Group 10-11</b><br>Classic Movie 1-3<br>Painting 1:30-3<br>Beano 1:30-3                         | <b>21. ESL II 9:30-10:30</b><br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br><b>Dr. Conant-Lunchtime Chat 12-1</b><br>Latino Group 1-2<br>Movie 1:15-3:15                                                                      | <b>22. Bowling 9-12</b><br>Chinese/English Singers 9:45-11<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3              | <b>23. Grandet An Aksion 9-2</b><br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Painting Class Art Reception 1-2</b>                                                                                                                                                | <b>24. Qi Gong 9-10</b><br>ESL Chinese 9-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br><b>Cooking with Julie 1-2</b><br>Ballroom Dancing 1-3<br>Beano 1:30-3                                     |
| <b>27. Qi Gong 9-10</b><br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br><b>Men’s Rap Group 10-11</b><br><b>MSAC Meeting 1-2</b><br>Classic Movie 1-3<br>Painting 1:30-3/Beano 1:30-3 | <b>28. ESL-II 9:30-10:30</b><br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br><b>Book Review 12:30-1:15</b><br>Latino Group 1-2<br>African American Seniors 1-2:30<br>Movie 1:15-3:15<br><b>Blood Pressure Screening 1:30-2</b> | <b>29. Qi Gong 9-10</b><br>Chinese/English Singers 9:45-11<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3              | <b>30. Grandet An Aksion 9-2</b><br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Health &amp; Wellness</b><br><b>“Germs Bird Flu and You” 1-2</b>                                                                                                                    | <b>31. Qi Gong 9-10</b><br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br><b>Afternoon Tea 1-2</b><br>Ballroom Dancing 1-3/Beano 1:30-3            |

To sign up for lunch call one day in advance 617. 349.6060. Lunch time is from 11:30 a.m.-12:45 p.m. The suggested donation is \$1.50  
Food Pantry Hours: Tuesdays & Thursdays 12-2 p.m. 617.349.6041



| MONDAY                                                                                                                                                           | TUESDAY                                                                                                                                                                                  | WEDNESDAY                                                                                                  | THURSDAY                                                                                                                                                                                                 | FRIDAY                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <i>The Cambridge Council<br/>On Aging<br/>617.349.6220</i>                                                                                                       | <i>Advisory Committee<br/>Chris Callanan<br/>Rae Hamilton<br/>Thresa Lackje<br/>Diana Moscardini<br/>Ellie Stevenson</i>                                                                 | 1. Stretch/Exercise 11-12<br>Lunch 11:30-12:30<br>WOW 12:30-2<br>Movie 2-3:30                              | 2. Bridge 9-12<br>Walnut St Group 10-1<br>Lunch 11:30-12:30<br>Yoga 3-4<br>Senior Safety time 1-2                                                                                                        | 3. <u>Pet Therapy 9-4</u><br>Line Dancing 10:30-11:30<br>Lunch 11:30-12:30<br>Whist 1-4 |
| 6. Walking Club 10:20-12<br><u>60 Minutes</u> -Discussion Group<br>10:30-11:30<br>Spanish Class 11-12<br>Lunch 11:30-12:30<br>Open Forum 12:00 Noon<br>Bingo 1-3 | 7. Bridge 9-12<br>Social Services 10-2<br>Lunch 11:30-12:30<br>Quilting 1-3<br>Crochet/Knitting 1-3                                                                                      | 8. Stretch/Exercise 11-12<br>Lunch 11:30-12:30<br>WOW 12:30-2                                              | 9. Bridge 9-12<br>Walnut St Group 10-1<br>Lunch 11:30-12:30<br>Yoga 3-4                                                                                                                                  | 10. Line Dancing 10:30-11:30<br>Lunch 11:30-12:30<br>Whist 1-4                          |
| 13. Walking Club 10:20-12<br>Book Review 9:45-10:45<br><u>60 Minutes</u> -Discussion Group<br>10:30-11:30<br>Spanish Class 11-12<br>Lunch 11:30-12:30/Bingo 1-3  | 14. Bridge 9-12<br>Social Services 10-2<br>Lunch 11:30-12:30<br>Quilting 1-3<br>Crochet/Knitting 1-3                                                                                     | 15. Stretch/Exercise 11-12<br>Lunch 11:30-12:30<br>WOW 12:30-2<br>Movie 2-3:30<br>Birthday Party 2:15-3:15 | 16. Bridge 9-12<br>Walnut St Group 10-1<br>Lunch 11:30-12:30<br><u>St. Patrick's Day Luncheon</u><br><u>PJ Ryan's Registration</u><br><u>Required 12:00 Noon</u><br>VITA Tax Assistance 2-5*<br>Yoga 3-4 | 17. Line Dancing 10:30-11:30<br>Lunch 11:30-12:30<br>Whist 1-4                          |
| 20. Walking Club 10:20-12<br><u>60 Minutes</u> -Discussion Group<br>10:30-11:30<br>Spanish Class 11-12<br>Lunch 11:30-12:30/Bingo 1-3                            | 21. Bridge 9-12<br>Anniversary Brunch 9-11<br>Special Speakers 10:00 a.m.<br>Social Services 10-2<br>Lunch 11:30-12:30<br>Quilting 1-3<br>Crochet/Knitting 1-3<br>Advisory Committee 3-4 | 22. Stretch/Exercise 11-12<br>Lunch 11:30-12:30<br>WOW 12:30-2<br>Movie 2-3:30                             | 23. Bridge 9-12<br>Walnut St Group 10-1<br>Lunch 11:30-12:30<br>Yoga 3-4                                                                                                                                 | 24. Line Dancing 10:30-11:30<br>Lunch 11:30-12:30<br>Whist 1-4                          |
| 27. Walking Club 10:20-12<br><u>60 Minutes</u> -Discussion Group<br>10:30-11:30<br>Spanish Class 11-12<br>Lunch 11:30-12:30<br>Bingo 1-3                         | 28. Bridge 9-12<br>Social Services 10-2<br>Lunch 11:30-12:30<br>Quilting 1-3<br>Crochet/Knitting 1-3                                                                                     | 29. Stretch/Exercise 11-12<br>Lunch 11:30-12:30<br>WOW 12:30-2<br>Movie 2-3:30                             | 30. Bridge 9-12<br>Walnut St Group 10-1<br>Lunch 11:30-12:30<br>Yoga 3-4                                                                                                                                 | 31. Line Dancing 10:30-11:30<br>Lunch 11:30-12:30<br>Whist 1-4                          |

To sign up for lunch, call one day in advance 617.349.6320. Lunch hour is from 11:30-12:30. The suggested donation is \$1.50  
\*Call 617.349.6320 to schedule VITA Income Tax Assistance

**Our popular Computer classes begin each month. Register NOW for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.  
March 2006 already!**



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Typing gone rusty? Play  
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**COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) you will make the mouse your friend, type, insert a graphic, save, and print a letter, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series.


**MORE COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) perfect your formatting skills. Are you doing a newsletter? A resume? This is the class for you.

**INTERNET BASICS** in four consecutive weeks, (each class is 1-½ hours) you will create an e-mail account, E-mail your friends, and surf the WORLDWIDE WEB. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended.

**GO DIGITAL** In four consecutive weeks, (each class is 1-½ hours) you will take pictures with the Department's Digital Camera, work with images, and send them as attachments in e-mails. Classes are \$3.00/class or \$12.00 for the series. A (free) Yahoo e-mail account is essential.

**Cambridge Citywide Senior Center**  
806 Massachusetts Avenue  
Cambridge MA 02139  
PH: 1-617-349-6060 X6198  
eflo1@yahoo.com

**Our popular Computer classes begin each month. Register NOW for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.  
March 2006 already!**

| MARCH 2006                                                         | T                                                                                                       | W 3/1                                                                                                           | TH 3/2                                                                                                               | F 3/3                                                                                                     | S 3/4                                              |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| Our computers are available on Saturdays from 9:30-11:30           | Computer Lab<br>1:00-3:00<br>Joe Galvin                                                                 | More Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild | Joy and Laughter<br>Build the Immune System.                                                                         | Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | Computer Lab<br>9:30-11:30<br><br>Maurice Anderson |
| M 3/6                                                              | T 3/7                                                                                                   | W 3/8                                                                                                           | TH 3/9                                                                                                               | F 3/10                                                                                                    | S 3/11                                             |
| Computer Lab<br>11:15-2:00<br>LeRoy Cragwell                       | Internet Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-3:00<br>Joe Galvin | MoreComputer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild  | Practice your computer moves on our computers M, T, W, , F, Sa                                                       | Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | No Computer Lab until further notice.              |
| M 3/13                                                             | T 3/14                                                                                                  | W 3/15                                                                                                          | TH 3/16                                                                                                              | F 3/17                                                                                                    | S 3/18                                             |
| Computer Lab<br>11:15-2:00<br>LeRoy Cragwell                       | Internet Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-3:00<br>Joe Galvin | MoreComputer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild  | A smile is an act of kindness<br> | Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | Computer Lab<br>9:30-11:30<br>Maurice Anderson     |
| M 3/20                                                             | T 3/21                                                                                                  | W 3/22                                                                                                          | TH 3/23                                                                                                              | F 3/24                                                                                                    | S 3/25                                             |
| Computer Lab<br>11:15-2:00<br>LeRoy Cragwell<br><br>Spring begins! | Internet Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-3:00<br>Joe Galvin | MoreComputer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild  | Classes are cancelled if there's no school in Cambridge. Don't take chances with snow and ice.                       | Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | No Computer Lab until further notice.              |
| M 3/27                                                             | T 3/28                                                                                                  | W 3/29                                                                                                          | TH 3/30                                                                                                              | F 3/31                                                                                                    | 4/1/2006                                           |
| Computer Lab<br>11:15-2:00<br>LeRoy Cragwell                       | Internet Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-3:00<br>Joe Galvin | MoreComputer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild  | Fool around on Saturday!                                                                                             | Computer Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | Maurice Anderson                                   |

Cambridge Citywide Senior Center  
806 Massachusetts Avenue  
Cambridge MA 02139  
PH: 1-617-349-6060 X6198  
eflo1@yahoo.com



## **PROGRAM AND STAFF**

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**Timothy J. Toomey Jr., Vice Mayor**  
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**Anthony D. Galluccio**  
**Craig A. Kelley**  
**Brian Murphy**  
**E. Denise Simmons**  
**Michael A. Sullivan**

#### **CITY ADMINISTRATION**

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**City Manager**  
**Richard C. Rossi**  
**Deputy City Manager**  
**Ellen Semonoff,**  
**Assistant City Manager**  
**Department of Human**  
**Service Programs**

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**Patricia Toner**  
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**Nancy Smith**  
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Portuguese Translation  
Elizabeth Seelman, Case Manager  
Caryn A. Eichenbaum, Information &  
Referral Specialist; SHINE Counselor

#### **Administrative Assistant**

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Marlene Bumm  
Ruby Chung  
Myrna Rivera  
Anne Robinson

June Rooney  
Arvilla Sarazen  
Lorraine Wade  
Ila Watson

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Lily Marcelin-Program Coordinator  
Dianante Desjardines-Program Assistant

#### **Senior Substance Abuse Counselor**

Eileen Rush

#### **Bus Driver**

Laura Habermann

#### **Asian Seniors Coordinator**

Yolanda Chin

#### **Men's Group Coordinator**

James E. Jones

#### **Computer Instructor**

Eve Flochild

#### **Newslines**

Eileen Ginnetty  
Patricia Johnson

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#### **Activities & Volunteer Coordinator**

Arline McGrady  
Angela Owens, Assistant

#### **North Cambridge Senior Center**

Vincent McCarthy, Director

#### **North Cambridge Senior Center** **Meal Site Director**

Jean Roy

#### **Food Service Manager**

Julianne King

#### **Assistant Food Service Manager**

Santora Cooper

#### **Meals Assistants**

Betty Bingham  
Teiko Devin

Gail Low

#### **Food Pantry Coordinator/** **Center Assistant**

Lena Bell

#### **Food Pantry Assistanat**

Cathy Decker

#### **Facility Manager**

Donn Hockman  
Department of Public Works

#### **Week-End Activities** **Coordinator**

**Cambridge Council on Aging**  
**806 Massachusetts Avenue**  
**Cambridge, MA 02139**